Benjamin Franklin said it best, “tell me and I forget. Teach me and I remember. Involve me and I learn.” The power of developing relationships with children through positive and meaningful interactions in science, technology, engineering, art, and math (STEAM) was the emphasis of the 4th Annual Family Child Care Provider Conference. The conference took place on May 19th at Madera County Superintendent of Schools, where about 53 Madera County Family Child Care Providers & daycare assistants took part in an all day hands-on learning event. Jessica Peters from Lakeshore Learning delivered a phenomenal presentation on “CLASS and STEAM: The Perfect Pair.” Providers were thrilled to receive a bag of supportive learning materials from Lakeshore. Providers were able to interact with their supportive learning materials and each other while Jessica Peters guided them through how to link their new materials to CLASS and STEAM. For the later part of the day provider turned college professor, Martha Magnia, coached providers on The “How To’s” of Curriculum Planning in STEAM.” Martha taught providers how to make colored chalk salt, goop, and guided the providers in exploring their senses with instant snow. This event showcased community collaboration at its finest. This event was made possible with the stellar collaboration and contributions from: Madera First 5, CAPMC R&R, Madera County Superintendent of Schools, Madera Unified School District, Lakeshore, and Vicky & Lindsay Brandy.
COMMUNITY ACTION PARTNERSHIP OF MADERA COUNTY, INC.
AGENCY INFORMATION... Here’s the Scoop

CATCHING PEOPLE DOING THE RIGHT THING/SAFE PRACTICES

LETICIA ARANDA, for helping clear a mix-up in pending/voided purchase orders and making copies of back up paperwork.

BILL FRAME, for going above and beyond in training and supporting staff. Thank you for your dedication and patience!

Donna Tooley, Adriana Pompa, Tish Aranda, Tina Gomez, Kerri Williams and the rest of the FISCAL DEPARTMENT, for taking the time to thoroughly explain fiscal policies and procedures to staff and for their incredible patience.

MATTIE MENDEZ, for your positivity and encouragement. Thank you!

APP/RR, for continuing to advocate for and support child care providers through staffing transitions. Thank you ladies!

JEANNIE STAPLETON & ADRIANA POMPA, for providing guidance on this newsletter. Thank you for being so willing to help. You are appreciated!

Mark Your Calendar

June 14– Board of Directors Meeting at 5:30 p.m.
May 28—Memorial Day
May 30—Mattie’s Birthday
June 14– Flag Day
June 17—Father’s Day

Human Resources Messages:

1) Next NE/VO is on 7/18/2018.
2) Please see Personnel Policy 606.18.00 if you are considering Voting Leave for 6/5/18 primary election.
3) If you missed the Colonial Life Voluntary Benefit session sponsored by Wellness Committee, please see Ms. Charmaine Pickens for the information.
4) Remember all employees are expected to be clean, free of odor, well-groomed and neat in appearance.

Safety Game Piece

Due to the H/R Department—Monday, 06/04/18 at 12 p.m.

NAME:________________________
I.D.#:_____________________
WORKSITE:__________________

How many evacuation routes should you have?
INTRODUCING: AMAZON SMILE

By: Bill Frame

Do you shop at Amazon? A little or a lot? Would you like your purchasing to help CAMPC? Well, there is a painless way to have 0.5% of your Amazon purchases go to CAPMC (or any other charitable organization).

AmazonSmile is a feature of Amazon that allows you to specify a charity to receive 0.5% of your purchase amount. It is called AmazonSmile (smile.amazon.com). The first time you visit AmazonSmile, you will be prompted to select a charitable organization from the list of eligible organizations. To specify CAPMC to receive the 0.5% donation on your behalf, you must search for “community action partnership of madera county” and then select it from the list of organizations displayed. And you can change the designated charity at any time.

The Amazon Smile site looks and functions exactly like the regular Amazon site. The only difference is in the logo at the top-left which shows or if you are a Prime member and the notification of what organization you are currently supporting. You can shop at the AmazonSmile/(Smile.amazon.com) site just as you always have on Amazon.

In fact, you can do your shopping at the regular Amazon site, adding things to your shopping cart as usual. Then when you are ready to check out, simply login to your AmazonSmile account to complete the purchase. Your shopping cart from the regular Amazon site will carry over to the Amazon Smile site, as do your lists. Simply complete the purchase in AmazonSmile as you would in the regular Amazon site and 0.5% of your purchase amount, not including any tax or shipping, will be directed to CAPMC.

From my own experience, I recommend that you simply do everything in AmazonSmile. That way you will not have to remember to switch to Smile when you finalize your purchase.

While 0.5% or one half of one percent may not seem like much of a donation, it adds up over time. And I know that more and more people are shopping online. I find myself looking to online shopping to find the hard-to-find or obscure items. And at holiday time, as far as I am concerned, it sure beats the crowds at the mall. So here is a way for your shopping to help CAPMC or whatever charity you want to designate.

This is NOT an endorsement of Amazon or an encouragement to spend money. It is just a suggestion that if you are purchasing something on Amazon, that you use AmazonSmile to donate to CAPMC or any other charity of your choice.
The 2018 Relay for Life Relay was a 24-hour event that took place from 9 a.m. May 5th to 9 a.m. May 6th at Lion’s Town and Country Park. This year Community Action Partnership of Madera County, Inc. raised a whopping $10,488.59!

Meet the team:

Ed Armbruster
Gabby Salazar
Tina Gomez
Kerri Williams

Linda Chandler
Donna Tooley
Adriana Pompa
Angela Avila

A big THANK YOU to Tina Gomez for her coordination on this event.
I would like to share with you what our class has been up to. We studied recycling this season. Our children and parents helped in recycling items that later were sorted and taken to be recycled for money. We recycled enough cans and bottles to make a profit and treat our parents to a pizza party. We had a field trip to MeNEds and children with their parents made their own pizza. The children got a tour of the pizzeria and saw how their pizza was made. It was a great experience to conclude their recycling project. We just want to thank all the parents, children, and staff for coming together and making this experience unforgettable for our hard learning children.

Russell Ryan L.L.P. delivered a training on Understanding, Preventing and Correcting Unlawful Harassment & Discrimination and on Preventing/Responding to Workplace Violence. The photo above shows Russ demonstrating his famous $20 bill activity where he wrinkled and had Ann Sparks step on a $20 bill. Russ’ $20 bill may have been stomped on and crinkled, but it did not lose its value. That goes to show that no matter what a person has gone/is going through, they are valuable and should be treated with dignity and respect. Thank you Russ for keeping CAPMC staff up-to-date!

Tips on preventing workplace sexual harassment, discrimination and violence:

- Treat everyone with dignity and respect
- Use professional language
- Respect personal space
- Understand CAPMC’s policies and expectations
- Address conflicts and warning signs of violence promptly and effectively
- Report threats or violent acts
- Be a good example!
Workers’ Compensation – General Information

Fill out a claim form and give it to your employer
Submit a Workers’ Compensation Claim Form (DWC 1) within one working day after you report your injury or illness. You use this form to request workers’ compensation benefits. You can obtain the worker’s compensation form from CAPnet. Read all of the information that comes with the claim form. Fill out and sign the “employee” portion of the form. Describe your injury completely. Include every part of your body affected by the injury. Give the form to your employer. This is called “filing” the claim form. Do this right away to avoid possible problems with your claim. If you mail the form to your supervisor or the Human Resources Department, use first-class or certified mail and buy a return receipt.

Get good medical care
You should be treated by a doctor who understands your particular type of injury or illness. The role of this doctor is to:
• Prescribe care for your job injury or illness and manage your overall care
• Help determine when you can return to work
• Help identify the kinds of work you can do safely while recovering
• Refer you to specialists if necessary
• Write medical reports that will help determine the benefits you receive.
Tell the doctor about your symptoms and the events at work that you believe caused them. Also, describe your job and your work environment.

What happens after I file the claim form?
Your supervisor must fill out, sign the “employer” portion of the form, and forward it to the Human Resources Generalist to submit to the worker’s compensation carrier. A claim adjuster will be assigned to handle your workers’ compensation claim. Be sure to keep your copy of the completed form after you filed it. The claims adjuster must decide within a reasonable time whether to accept or deny your claim.

“Accepting” the claim, means, the claims adjuster agrees your injury is covered by workers’ compensation. If your claim is accepted, you will receive paid medical care for your injury. You may also be eligible for payments to help make up for lost wages.

“Denying” the claim, means the claims adjuster believes your injury is not covered by workers’ compensation. If the claims adjuster sends you a letter denying your claim, you have a right to challenge the decision. Do not delay, because there are deadlines for filing the necessary papers.

If I have not heard from the claims administrator, is my claim accepted?
The claims adjuster must decide within a reasonable time whether to accept or deny your claim. If you have questions about a delay with your claim, contact Human Resources Department for assistance. If the claims adjuster does not send you a letter denying your claim within 90 days after you filed the form or reported your injury, your claim is considered accepted in most cases.

Who decides what type of work I can do while recovering?
Your primary treating physician is responsible for explaining in a medical report:
• What kind of work you can and can’t do while recovering
• What changes are needed in your work schedule or assignments
COMMUNITY ACTION PARTNERSHIP OF MADERA COUNTY, INC.
THE SAFETY COMMITTEE PRESENTS:

AIRPORT EMERGENCIES

If disaster strikes, will you be ready to help yourself and your loved ones?

There are steps you can take to be better prepared in case of an airport emergency.
1. Find the evacuation map and know where all the exits are at all times
2. Wear layered clothing
3. Be aware of your surroundings
4. Be a smart packer. Pack the following items in your carry-on luggage:
   ⇒ 3 extra days of prescription medication
   ⇒ 1 change of clothes
   ⇒ Small first aid kit
   ⇒ Phone charger
   ⇒ Snacks
   ⇒ Cash
   ⇒ I.D.

Messages from the Safety Committee:

✓ Safety Committee members are working with their immediate Program Managers and Directors to assess chemical products using at worksites are within CalOSHA acceptable exposure limits or to consider means to care for employees when being exposed
✓ Agency’s Injury and Illness Prevention Program is under revision
✓ Wear your assigned personal protective equipment
✓ Keep yourself hydrated... drink water
✓ Be alert your environment and know your nearby exits
✓ Run, Hide, Fight are the drills for active

Safety Champions

Congratulations to Kelly Hanna on her award on Safety Winner for the 1st Quarter. She is recognized for her quick thinking in performing a health and safety check on a child who was unresponsive until arrival of the medical emergency personnel. She receives a certificate and $50 Heffernan Insurance Broker sponsored Visa gift card. Yay!

Congratulations to our Fiscal and I.T. department! Above is a photo from their afternoon at Riverpark on May 11, 2018. They enjoyed their $200 gift card sponsored by Heffernan Insurance Brokers as safety award drawing winners last December. Way to go!

Last year, all employees who were injury free were entered in a drawing for an emergency backpack. Julie Doll was the winner. Way to go!
Social wellness refers to our ability to interact with people around us. It involves using good communication skills, developing and fostering positive and meaningful relationships, respecting yourself and others, and creating a solid support system. Social wellness is about nurturing ourselves, others, and our relationships.

**How to nurture your Social Wellness:**

⇒ Go to the gym, the park, or a yoga, fitness or dance class  
⇒ Take up a hobby and find others who share your interest  
⇒ Think of a cause that you are passionate about and volunteer  
⇒ Plan a regular lunch date with your best friend, mother, father, etc.  
⇒ Organize a day with a group of friends or colleagues  
⇒ Set a regular date night with your significant other or dinner with your family  
⇒ Call an old friend from college or high school and catch up  
⇒ Go to lunch with a coworker

“Remember, Cultivating social wellness is like keeping a flower garden—it takes intention, energy, time, care and effort—and is an ongoing process that requires attention throughout our entire life. It is important to choose a proper plot, carefully prepare the soil, plant the best seeds, and be sure to provide plenty of water and nutrients. In gardening, as in relationships, providing protection from bad weather and regularly weeding out negativity helps to ensure continued growth and beautiful blossoms for a lifetime!”
COMMUNITY ACTION PARTNERSHIP OF MADERA COUNTY, INC.
BOARD DISCUSSION ITEMS...Board of Directors
The following is a synopsis of the Action Items from the Executive Committee Meeting on May 10, 2018. If you are interested in seeing any items in more detail, please contact Cristal Sanchez.

Meet our Board of Directors

Public Officials
Deborah Martinez/Miguel Gonzalez
Social Services
David Hernandez
Madera Unified School District
Robert Poythress
Madera County Board of Supervisors
Fiscal Management/Accounting
Cece Foley Gallegos
Madera City Council
Dennis Haworth, Chairman
City of Chowchilla

Private Sector
Dennis Smith, Vice Chairman
Madera Chamber of Commerce
Amelia Medrano, Cynthia Cantu
Policy Council for Regional Head Start
Donald Holley,
Community Affairs Expertise
Eric LiCalsi,
Legal Expertise
Kathy Lopes,
Early Childhood Education and Development

Target Areas
Angela Andeola
Central Madera/Alpha
Tyson Pogue
Eastern Madera County
Ruth Carral, Secretary/ Treasurer
Eastside/Parksdale
Theresa Van Tassel
Fairmead/Chowchilla
Aurora Flores/Octavio Pineda
Monroe/Washington

- RECOMMENDATION: F-1
  SUMMARY:
  The Alternative Payment and Child Care Resource & Referral Program conduct the California Department of Education (CDE), Early Education & Support Division (EESD) Program Self-Evaluation (PSE) annually to gather information from families and individuals receiving services through the Alternative Payment and Child Care Resource & Referral Program. Data reflecting customer satisfaction was gathered via surveys. Such results showcase program strengths and areas of improvement to establish program priorities and evaluate current practices.
  FINANCING: None
  BOARD ACTION: Approved

- RECOMMENDATION: F-2
  Review and consider approving the proposed contract with Behavior Health for domestic violence services effective July 1, 2017 - June 30, 2018.
  FINANCING: None
  BOARD ACTION: Item Moved to Next Regular Board of Directors Meeting

- RECOMMENDATION: F-3
  Review and consider approving the job description for Community Services Coordinator position for the Community Services Department and approve the reclassification of one Customer Assistance Technician position
  FINANCING: None
  BOARD ACTION: Item Moved to Next Regular Board of Directors Meeting

- RECOMMENDATION: F-4
  Review and authorize the Executive Director to submit the 2018-2019 budget for the Eastern Madera County Transportation Program (EMCT) and enter into a contract with the County of Madera to operate the program for one more year
  SUMMARY:
  Eastern Madera County Transportation Program (EMCT) provides transportation services for senior residents of Eastern Madera County over the age of 60. Entering into contract with the County of Madera will allow for another year of services.
  FINANCING: Contract budget of $156,000
  BOARD ACTION: Approved

- RECOMMENDATION: F-5
  Review and consider approving the renewal of CAPMC’s Workers’ Compensation coverage and consider approving the broker’s consulting fee
  SUMMARY:
  CAPMC’s Workers’ Compensation Insurance Broker, Heffernan Insurance Services recommended to accept Cypress Insurance Company for the coverage effective June 1, 2018 to June 1, 2019.
  FINANCING: None
  BOARD ACTION: Approved

- RECOMMENDATION: F-6
  Review and authorize the Chief Financial Officer to file tax and information returns of Community Action Partnership of Madera County prepared by Randolph Scott & Company, CPA’s
  SUMMARY:
  The agency is required to file an information tax return to the federal government with the California Franchise Tax Board as well as the Registry of Charitable Trust in California.
  FINANCING: None
  BOARD ACTION: Approved
Researchers Link New Danger to E-cigarettes

The use of electronic cigarettes or e-cigarettes has grown exponentially in recent years—especially among young adults in the United States. The liquid used in e-cigarettes contains nicotine and other harmful chemicals, including heavy metals and carcinogens. The liquid nicotine used in e-cigarettes comes in thousands of different flavors, many of which are appealing—and harmful—to teenagers.

Researchers from the University of California, San Diego found that popular fruity vape flavors appear to contain the highest levels of cancer-causing materials. The study recommends that parents warn teens of the dangers associated with e-cigarettes to discourage usage.

Despite CDC Recommendation, Many Adults Still Refusing Shingles Vaccine

Shingles is an extremely common—and painful—viral infection, affecting 1 out of every 3 Americans at some point in their life. It’s caused by the same virus that causes chickenpox, so anyone who has had chickenpox is at risk of developing shingles. After a person recovers from chickenpox, the virus remains dormant in the body. While scientists are unsure what causes the virus to awaken at a later date, they do know that the only way to reduce the risk of getting shingles is to get vaccinated.

Recommended Shingles Vaccine

The CDC recommends that adults use a new vaccine called Shingrix instead of Zostavax, which had been the recommended vaccine from 2006-2017. Shingrix provides strong protection against shingles and postherpetic neuralgia (PHN), the most common shingles complication. In studies, two doses of Shingrix were found to be more than 90 percent effective at preventing shingles and PHN.

Who Should Get Vaccinated?

The CDC recommends that healthy adults 50 years and older get two doses of Shingrix, two to six months apart. People who have had shingles in the past, have received the Zostavax vaccine or are unsure if they have had chickenpox should also receive the Shingrix vaccine, according to CDC recommendations.

To find doctor’s offices or pharmacies near you that offer the vaccine, visit HealthMap Vaccine Finder.
May is Food Allergy Action Month

A food allergy occurs when the body has a specific immune response to certain foods. Sometimes, the body’s response can be severe or life-threatening. Food allergies are a growing food safety and public health concern, according to the CDC. It is also estimated that between 4 and 6 percent of U.S. children are affected by some type of food allergy.

Among other things, Food Allergy Action Month was created to spread awareness about what food allergies are, how to recognize them and how to help someone who is having an allergic reaction. Common symptoms of an allergic reaction to food include the following:

These 8 Foods Cause the Most Food Allergies

1. Peanuts
2. Milk
3. Shellfish
4. Soy
5. Eggs
6. Wheat
7. Tree nuts
8. Fish

Barley Pilaf

1 Tbsp. vegetable oil
1 cup onion (chopped)
½ cup celery (chopped)
½ cup red or green bell pepper (chopped)
1 cup mushrooms (sliced)
2 cups water or chicken broth
1 tsp. low-sodium vegetable bouillon
1 cup pearl quick-cooking barley

PREPARATIONS
1. Heat medium-sized pan over medium heat. Add vegetable oil, onion and celery. Cook, stirring often until onion is soft.
2. Add bell pepper, mushrooms and pearl barley. Stir well.
3. Add water and bouillon and stir to dissolve bouillon. Bring to a boil. Lower heat and cover pan.
4. Cook for 50 to 60 minutes or until barley is tender and liquid is absorbed.

Makes: 8 servings

Nutritional Information (per serving)

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<th>Source: USDA</th>
<th>Total Calories</th>
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<tbody>
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<tr>
<td></td>
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<td></td>
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<tr>
<td></td>
<td>Sodium</td>
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<tr>
<td></td>
<td>Total Sugars</td>
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</tr>
</tbody>
</table>
Name: Victor Martinez Jr.
Job Title: Maintenance
What do you like most about your job: Meeting new people
How long have you worked for CAPMC? 1 year and 1 month
What do you do in your spare time: I like to do auto mechanics and workout in my backyard.

Family: My wife
Travels: I have been to a lot of states. Nebraska, Texas, Utah, Oregon, Washington...
Greatest achievement: Restoring vehicles (Chevy trucks, hot rods) from the ground up.
Of all people who would you like to have dinner with and why: my wife
Best advice ever given: work hard and hope for the best
Favorite color: Dark/charcoal gray
Favorite movie: I like old school horror movies.
Favorite sports teams/individuals: The 49ers
Favorite Song: The Doors—Riders on the Storms
Favorite T.V. show: Comedy
Favorite Holiday: New Years
Favorite Vacation Spot: Nebraska
If you were stuck on a desert island and could only have three things, what would they be: Water, food and my wife
A random or fun fact about you: I like telling jokes. I am a jokester/prankster.
Advice to new employees on how to be successful in the agency: Do your best and work your hardest.

Do you know of an Agency event that you would like to see covered in the Action Connection?
Do you have input about the newsletter? Would you like to contribute an article or pictures?
All submissions are welcome and appreciated!
Please contact: Cristal Sanchez, at:
c.sanchez@maderacap.org  Phone: (559) 675-5748  Fax: (559) 673-2859

VOTING HAS IMPROVED IN MADERA COUNTY!

Take a moment to check out our social media accounts.
Main: maderacap
Madera Head Start: MaderaHead-Start
Victim Services: CAPMC-Victim-Services
R&R: CAPMC Child Care Resource & Referral

“Like” or “follow” us today to stay up to date!